

## Families Making the Connection

### *Make the Grade with School Breakfast*

March 2-6 is National School Breakfast Week (NSBW). The 2015 NSBW theme, “*Make the Grade with School Breakfast*”, reminds everyone in the school community – students, families, school administrators and staff – that a healthy school breakfast sets students up for a day of learning and academic success.

School breakfast is a federally funded school nutrition program available to all schools. All children can participate. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. Every school breakfast served meets federal nutrition standards limiting calories, fat, and sodium.

School breakfast offers several connections to classroom learning—students have the opportunity to eat a healthy breakfast each school morning closer to academic instruction time, students who eat a healthy breakfast are better able to focus on classroom lessons, and students can practice the nutrition lessons they learn in the classroom by making healthy choices with school breakfast.

NSBW raises awareness of the availability of school breakfast to all children and promotes the links between eating a good breakfast, academic achievement and healthy lifestyles. For NSBW info and resources, visit [www.schoolnutrition.org](http://www.schoolnutrition.org). For more info on school breakfast in North Carolina, visit <http://childnutrition.ncpublicschools.gov>.

# Menus for March 2015

[Insert name of Local Education Agency] Elementary Schools

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Monday, March 30	Tuesday, March 31			
				

## March

- National Nutrition Month
- National Agriculture Week (March 16-20)
- National School Breakfast Week (March 2-6)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>